



# Zumba Gold ®

**Sponsored by the Brunswick Senior Center &  
Frederick County Senior Services Division**

Perfect for Active Adults who are looking for a modified **Zumba** ® class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow **Zumba** ® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.

**YOU'RE invited to a FREE DEMO CLASS**

**Tuesday October 15, 6:00 pm**

**at the Brunswick City Park Building**

**This 8-week session begins Tuesday evenings**

**October 15 – December 17**

This session will be prorated at \$20.00.

Registration information will be available on-line

<http://frederickcountymd-gov.3dcartstores.com>, open to anyone

18 and older

For more information call 301-834-8115

Certified Instructor, Mary Ellen Brady